TIMES-VIRGINIAN

In the Heart of Virginia's Dark Tobacco Belt

Appomattox, Virginia

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HOW TO HELP YOUR HEART

If you are one of the some 5,000,000 Americans who are plagued with high blood pressure, the American Heart Association can tell you how to lessen your chances of heart attacks.

The first thing is to see your doctor regularly and take his advice. The second thing is not to worry, which, if the patient could have done in the first place, he would probably not have the high blood pressure.

Then the Heart Association suggests, you take several naps a day, and rest before you become tired. You are supposed to stay out of competitive sports, and watch your weight and keep it normal.

While we think this is good advice, if we could do all of these things, we believe we would wind up in the poor house. Moreover, if we took all this rest, did not get excited, and took regular exercise, we could not keep up with business demands. Perhaps this would be better in the long run, and perhaps most people can follow the advice of the American Heart Association.

Unfortunately, however, there are many of us who cannot take a little doze several times a day, avoid all worry and emotional strain, rest before we become tired, and stay out of competitive sports. Some of us will have to run the risk.

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87,430 NEW FARM PONDS

The Department of Agriculture reveals that U. S. farmers built 87,430 new ponds in 1956. The total is a record for any one year.

Also encouraging is the report from the Department of Agriculture that 803,000 ponds have been built with technical assistance from the Soil Conservation Service since that service was first offered. The average size of these ponds is from one to two acres each.

Americans interested in conservation and in other farm management fields will find this news highly encouraging. Most of these small ponds were developed to aid in soil conservation, to supply water for livestock, for fire protection, irrigation, for fish management, and the improvement of wild life habitats.

The states which have taken great advantage of the Soil Conservation Service's aid in this category are Kentucky, where 64,318 ponds have been built; and Mississippi, with 56,187 ponds, among many others.

The Soil Conservation Service says that most ponds have been built in the Southeast, the Northeast, and in the Midwest.

* * * * * * *

THESE SMALL HOUSES

We have long felt that many of the houses being built today, in our inflated times, are too small. Architects are designing them smaller and smaller, and our larger and larger families are moving into these smaller houses.

Therefore, when Edward A. Weeks, Jr., editor of The Atlantic Monthly, recently delivered a keynote address at the centennnial convention of the American Institute of Architects, and told the architects that houses were getting too small, we were in full agreement.

Weeks says that the chief disadvantages of today's smaller homes include a lack of privacy and a lack of spaciousness. This shortage of space forces us to put much of our furniture outdoors, so when one entertains indoors, many people find themselves sitting on the floor.

Weeks says we are trying to make the best of it by using sheepskin rugs and low tables, which people can sit on in an emergency, but he says this is only a partial remedy.

Because the smaller houses contain inadequate space for privacy and recreation, Weeks believes that families are trying to compensate by getting into their cars, seeking recreation and enjoyment elsewhere.

We agree with Weeks, although we realize that the increasing cost of utilities, including heat, the increasing cost of construction and the high interest rates makes it harder and harder for the average American to build a large house. Moreover, the cost of servants is also high, and those who build a large house face the task of cleaning and maintaining it properly.

Nevertheless, one's home is his castle, and the place where he will spend most of his life. If it is a question of adding one more room, or enlarging the house slightly and the couple concerned believes they can foot the bill, we would advise it—for history shows that most people who build eventually regret they did not provide for themselves better at the beginning, and that the cost of adding to one's home after it had been completed, is far greater than adding to it when it is orignally built.

* * * * * * * *

TAKE YOUR POLIO SHOTS

Adults are reminded that the polio season is at hand and that all those under forty should take advantage of polio inoculations which are now available in most parts of the country.

Authorities say that two shots will provide realtive immunity against polio and there is still time for many adults to take the two shots. Several weeks must elapse after the first shot before taking the second, but adults can still get in both shots before the peak of the polio season arrives.

While there was much controversy about polio serum when it was first introduced, it seems to be generally agreed now that the wise thing to do is to be immunized. No flurry of adverse reactions has occurred in some time, and the serum has been generally accepted and is in widespread use. Therefore, we suggest to those under forty that they seriously consider taking the first two polio shots in the very near future.

* * * * * * * *

The abolition of the woodshed, as heating plants come into general use, may have serious effects upon the education of children.

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THE BIBLE SPEAKS

International Uniform Sunday School Lesson

BY DR. KENNETH J. FOREMAN

Background Scripture: Genesis 27.
Devotional Reading: Psalm 68:1-6.

Family Tensions

Lesson for June 16, 1957

"THE family is a divine institution. That is to say, God invented it. He thought of it before men did. He intended it. So it should be a success. Yet the family is also a human institution — that is to say, all homes are made up of human beings. Every home therefore suffers from the ailments that nag at all things human. A successful home succeeds in spite of all the human handicaps. A home that does not succeed, fails because these handicaps strain it too much.

Dr. Foreman

Tensions

A favorite modern word for these stresses and strains within a home is "tensions." The word is new but the thing is old. Tension is what makes the teen-ager scream, and her mother feels like screaming, "I can't stand this another minute!" Tensions are what make meal-times regular battle-grounds, what give mothers nervous prostration and fathers peptic ulcers before their time, what may make children remember their childhood with a kind of shudder. Tensions are what keep juvenile delinquents from going home, tensions may even be the beginning of lost minds. Now the thing is old, as was just said. In the home of Jacob, who was a God-fearing man, there was plenty of it. There was tension between him and his wives, between the wives themselves, between some wives and some sons, between the sons, between him and his sons. The family, so to speak, was pulled every which way, and actually at last broke up.

What Can't Be Helped

Some tensions cannot be helped. They are in the nature of things. In a home there are persons of different ages, sexes and temperaments. This cannot be avoided. Yet the "battle of the sexes" rages from generation to generation; younger people find older people sometimes very hard to get along with, and vice versa. In Jacob's home he was much older than his wives, very much older than his sons. Men and women in those days and times probably differed even more sharply than now, kept separate as they were for much of the lives. And in Jacob's home temperamental differences surely could hardly have been more striking. The thing to remember is that since these strains cannot be helped, something good can be made of them. The man's point of view is different from the woman's, of course; but it takes both of them to make a healthy human point of view. Youth needs the caution and the wisdom of older people; older people need the optimism and enthusiasm of younger people to keep them from withering on the vine. Different temperaments can balance one another. A home can capitalize on its very handicaps.

What Can Be Helped

Nevertheless, some strains and stresses are just the result of human meanness, human sin. They can be helped, they call for repentance and change. Consider the home of Jacob. His wives did not get along together; but while it was in those times legal enough, it was foolish for a man of his temperament to have married all those four women, especially as he loved only one of them. Some of the trouble arose from young Joseph's 17-year-old conceit. Perhaps he couldn't help his dreams of grandeur; but he did not need to tell those dreams at the breakfast table. And some of the trouble lay in Jacob's playing up his son Joseph.

How to Help It

A foundation-stone for harmony in the home or anywhere else, is harmony with God. One who lives close to God will remember that God's will is always for peace, never for strife. The soul conscious of being forgiven by God will be more ready to forgive others. The spirit blessed by the grace of God—and God's grace comes only to the humble—will not be forever standing on its rights and complaining about its wrongs. It would be a good thing for many a family all nervous with many tensions, to read together the thirteenth chapter of I Corinthians, the great chapter on love-in practice, and then spend a while in silence, each one thinking: Does this describe me? And if not, do I not need God's forgiveness, and a fresh start?

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U. S. A. Released by Community News Service.)

Vera

Vera, June 10.- "If any of you lack wisdom, let him ask of God; that giveth to all men liberally, and upbraideth not; and it shall be given him." —James 1:5.

We surely have been blessed with a fine rain. Crops are so revived.

Miss Harriette Harvey celebrated her birthday on Sunday, the 9th. She received many nice gifts.

The W. M. U. of New Hope Church met in the home of Mr. and Mrs. T. C. Harvey on Wednesday night. Small attendance, on account of rain.

We are sorry to hear of the passing of Mr. Joel Morris, Mr. Eddie McFadden and Mrs. Winston Ferguson. So many are passing away. We extend sympathy to each of these families.

Guests in the home of Mr. and Mrs. L. H. Watson on Saturday night were Mr. and Mrs. T. C. Harvey and Harriette, and Mr. Lewis Turnes.

Week-end guests in the home of Mr. and Mrs. T. C. Harvey were Mr. and Mrs. L. H. Watson and Mr. Lewis Turnes, Mrs. T C Harvey, Jr. and children, and Mr. and Mrs. Richard Carson.

GOLDEN GLEAMMS

In a country well governed poverty is something to be ashamed of. In a country badly governed, wealth is something to be ashamed of. —Confucius.

In a change of government, the poor seldom change anything except the names of the

I will govern my common weal, by the common will of land.

If men be good, not be bad. —

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Home Agent's Notes

By Mrs. B. G. Anderson
Home Demonstration Agent

[illegible] year is about to begin, this [illegible] time to brighten some [illegible] corners of the house. Concentrate on the kitchen first. Since [illegible] cooking and after-meal [illegible] should be made as [illegible] possible, the homemaker [illegible] create a brighter kitchen [illegible] work.

[illegible] you may not be able to [illegible] a complete remodeling at this [illegible] still achieve happy [illegible] with a little effort and imagination. [illegible] your linoleum shows [illegible] worn spots where you [illegible] and stand a good deal, [illegible] purchase attractive, inexpensive floor mats for [illegible] Perhaps your stove or [illegible] bears long marks or [illegible] appliances. Rubber applied in gay colors will protect [illegible] while contracting present [illegible] your waffle iron or coffee [illegible] cabinets and closet floors, [illegible] rubber liner, available by the [illegible] is easily washable and will [illegible] shelf surfaces against [illegible] of stains. Then there is [illegible] streamline your kitchen [illegible] The family consists of [illegible] strainer, dish dryer, [illegible] and drainboard tray—all [illegible] variety of colors. To [illegible] problems, add pretty [illegible] racks of assorted sizes [illegible] plates, cups, casserole dishes, [illegible] pots, pans and lids.

[illegible] your curtains have at [illegible] tie-backs in a "kitcheny" [illegible] floral design. Why not [illegible] solid pastel tone, perhaps [illegible] curtains, or substitute [illegible] blinds that can be kept [illegible] Spring. The new color [illegible] can be accented with a [illegible] of towels. You might repaint [illegible] kitchen chairs in plastic [illegible] to match, or you can buy [illegible] plastic seat cushions in [illegible] shades. Check for bent [illegible] utensils, frayed brooms [illegible] brushes with bristles [illegible] replace these so that cabinets and supply closets sparkle with [illegible] decorative articles. In these [illegible] ways, you can brighten [illegible] and your own spirit as [illegible]

Lazy Molded Salad

[illegible] strawberries, symbol of old-fashioned summertime, have gone modern [illegible] to give their refreshing taste [illegible] newest flavor in popular gelatin [illegible] Let the new black-[illegible] flavored gelatin make its [illegible] at your house in this easy [illegible] salad. Prepare a packable [illegible] strawberry flavored gelatin [illegible] up to package directions. [illegible] cold until slightly thick. [illegible] Then a three-ounce package [illegible] cream cheese, shape one - inch [illegible] balls into chopped nuts, [illegible] balls into gelatin, distributing [illegible] evenly around mold. Chill until firm. Unmold onto curly greens.

[illegible]RON 4-H CLUB

[illegible] Hebron Community 4-H [illegible] met on May 20, in the home [illegible] and Tom Harrison. At the [illegible] of the meeting, Cary Ann [illegible] had charge of the devotion. [illegible] gave a talk on how to [illegible] highways. At the close of [illegible] refreshments were [illegible]

[illegible] next meeting will be held in [illegible] of Gene Carson.

—Reporter: Barbara Lee.

About The Home

By Frances Dell

Keeping cool and crisp - looking on a hot summer day need not be as hard as it sounds. There are many new fabrics woven to let the air in, thus helping you to have your own cooling system. Check the texture of the materials used in your next summer clothes.

The sunback dress with the little cover-up jacket is as popular with the city woman as with the woman living in the cooler, rural sections. The dress without the jacket can be worn around the home and for informal occasions. Add the jacket, for a quick trip to the market or into town.

Separates have long been the solution for many to the problem of having to extend a wardrobe on a limited budget. Combining fabrics makes for an interesting and personal look. Flower - printed cottons, pastel linens, cool rayon and cotton mixtures, organdy or silk, can keep you in that cool, crisp condition. All these fabrics can be combined to make many different outfits.

Use a gay silk or cotton sash tie to bring together both shirt and blouse.

The fashion people say this is the most colorful summer they have ever known. Shoes of satin, linen, and leather are being dyed to pick up a desired color in a boufet printed silk or cotton dress.

The beautiful blue, yellow, green, pink, light brown, and lavender kid leather shoes seen on the market have made a big hit with the ladies.

Matching the color of your makeup to your outfit is getting more attention this summer than ever before.

In FASHION now

By Frances Dell

The tableware for a home should blend with the home furnishings. Blending your tableware with your decorating theme — the period or modern — will be a simple matter. There is plenty of handsome American glassware that will fit the mode of any style of furnishings as well as even the most modest budget.

When choosing your glassware, it is wise to select a hand-wrought pattern, and do not shy away from color. Color may best suit the motif of the room and can bring variety and distinction to a home.

Look at glassware very closely before making a purchase. Clear crystal should be as clear as a fine diamond with no yellowish or muddy casts. Colored crystal should be rich in color and sparkling clear.

Another test of good crystal is to tap the edge of a goblet with your finger-nail. If the ring is bell-like, the glass contains lead and potash, which give strength and permanent brilliancy to fine glassware. Lime glass has very little or no ring at all.

Electric dishwashers are good for washing glassware. When washing crystal in a sink or dishpan, always wash the crystal before doing the rest of the dishes. A couple of drops of bluing added to the water will add luster to the glass. Crystal decorated with gold should never be washed with scalding water or strong soap.

Dry glassware as soon as possible after rinsing with a dry absorbent towel made of some lint-free material.

In handling glassware, don't let the edges strike or bump anything. This will cause nicks. After a piece of crystal has become nicked, it may as well be thrown away. However, if the nick is very tiny, it can sometimes be sanded away with a piece of 00 emery paper.

To Speak at Sherwill

. . . . Senator C. T. Moses

State Senator Chas. T. Moses will be the guest speaker at the Sherwill Community Center near Concord on Friday night, June 14. The program will begin at 8:00 o'clock.

Special Exhibit At County Library

An interesting display on Jamestown and Williamsburg has been placed in the Appomattox County Library. It is suggested that those planning a Jamestown Festival trip this summer, will surely wish to see this exhibit.

High-lighting the exhibit are drawings of the three ships, Susan Constant, Godspeed, and Discovery, done by a local artist.

The display consists of books, magazines and leaflets which may be checked out for a short period.

Some of the interesting books acquired are Fabolous John Smith, Jamestown Adventure, This Dear-Bought Land, and Fair Wind to Virginia. Among the magazines is the Virginia Scene. History-land, which is an excellent guide to the Jamestown Festival. A second one is The Family Circle, which has an excellent article on Colonial Williamsburg. From time to time additional material will be added.

The general interest in Jamestown Festival material is drawing tremendous crowds to Virginia this year, and Appomattox is fortunate to have the material and exhibit mentioned above available for local use.

Subscription rate: $2.00 a year; payable in advance.

KNOWS HOW IT FEELS

Vancouver, Wash.- After parking his car, Ted Slothower realized he didn't have any change for the parking meter and went into a store to get some. When he returned to the car, there was a parking ticket on it. Slothower, the city's other parking meter patrolman, was up town on his day off. He went to the city hall and paid up.

Rutherfordton, N. C.- A tiny college fraternity emblem, lost more that fifteen years ago by Paul Boucher, who now lives in Falls Church, Va., was recently found by Gilmer Johnson by railroad tracks about 5 miles south of here. On the back of the pin was the word: "Boucher." Johnson took it to Henry Boucher, who lives here, and he identified it as his brother's.

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